Patent Claims:

 A shaft rod (2), particularly for a heald shaft (1) of a weaving machine, including

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a carrier body (15) which carries a shaft stave (6) or on which a shaft stave (6) is formed,

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at least one heald damping element (12) supported on the carrier body (15),

characterized in that the heald damping element (12) is supported to be movable transversely to the carrier body (15).

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- 2. The shaft rod as defined in claim 1, characterized in that the heald damping element (12) is supported to be movable in the longitudinal heald direction (14).
- 20 3. The shaft rod as defined in claim 1, characterized in that the shaft stave (6) is structured such that the healds (8) are supported on the shaft stave (6) with a play (S) in the longitudinal heald direction (14).
- 25 4. The shaft rod as defined in claim 1, characterized in that for movably supporting the damping element (12), a support (27-33) is provided which allows a displacement of the entire damping element (12) in a position near the shaft stave (6) and a counter motion of the damping element (12) in a position remote from the shaft stave (6).

5. The shaft rod as defined in claim 1, characterized in that the damping element (12) is supported in a chamber into which it penetrates during its motion away from the shaft stave (6) while displacing air.

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6. The shaft rod as defined in claim 1, characterized in that the damping element (12) is longitudinally displaceably supported.

10 7. The shaft rod as defined in claim 1, characterized in that the damping element (12) is frictionally held for assisting the damping.

- 8. The shaft rod as defined in claim 1, characterized in that the damping element (12) is form-fittingly held with play.
 - 9. The shaft rod as defined in claim 1, characterized in that the damping element (12) is of a yielding material.

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- 10. The shaft rod as defined in claim 1, characterized in that the damping element (12) has a deformable hollow space (42).
- 25 11. The shaft rod as defined in claim 1, characterized in that the damping element (12) is displaceably supported against a spring force (43).
- 12. The shaft rod as defined in claim 1, characterized in that the damping element (12) has at least two outer surfaces (47) which have unlike shapes.

- 13. The shaft rod as defined in claim 1, characterized in that the damping element (12) has at least two damping regions (50) which damp differently from one another.
- 5 14. A heald shaft having a shaft rod as defined according to one of claims 1 to 13.
 - 15. A method of fitting a heald shaft with healds and/or threading threads into the healds,

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in which the fitting step and/or the threading step is performed on a heald shaft; the damping element from at least one shaft rod of the heald shaft having been removed, and

after completing the fitting and/or the threading step, the damping element is mounted on the shaft rod.